

# WHY SHOULD YOU LEARN ABOUT POISON PREVENTION?

*Because everyone is at risk for a poisoning exposure.*

## ***Medications***

- Store medications out of sight and out of reach of children.
- Read the label and follow directions before taking medicine.
- Don't take or give medicine in the dark, without your glasses, or while you are sleepy.
- Never share medicine with someone else.
- Get rid of old medicines by flushing them down the toilet, rinsing the containers, and throwing the containers away.

## ***Carbon Monoxide***

- Vent fuel-burning appliances outside whenever possible, and have them inspected every year.
- Don't idle the car in the garage.
- Don't use a gas oven or charcoal grill to heat your home.
- Know the symptoms of carbon monoxide poisoning: severe headaches, dizziness, confusion, nausea, faintness, and shortness of breath.

## ***Chemicals***

- Never mix cleaning products or chemicals (such as bleach and ammonia).
- Keep products in their original containers with the original labels.
- Read all labels before using any household product.
- Don't keep cleaning products on the kitchen counter.

## ***Plants***

- Some plants can cause skin rashes or irritation, which may be serious and painful.
- Keep all houseplants out of children's reach.
- Teach children never to put any part of a plant into their mouths without checking with a grown-up.

For more information call the State of Alaska  
Poison Control System, 907-465-1185,  
or visit the website at:  
[www.chems.alaska.gov/ems\\_poison\\_control.htm](http://www.chems.alaska.gov/ems_poison_control.htm)



# First Aid and Treatment for Poisonings

## ***Poisons in the Mouth***

- Call the poison center, whether the poison was swallowed or not.
- Don't give the patient anything to eat or drink, or make the patient vomit, unless told to do so by the poison center or a health care provider. You may be told to give the patient small sips of water or milk.

**If you suspect a poisoning call 1-800-222-1222 right away - don't wait for symptoms to appear.**

## ***Poisons on the Skin***

- Remove any contaminated clothing, being careful not to get the poison on yourself.
- Rinse the affected parts gently with water, then wash with soap and water and rinse thoroughly.

## ***Poisons in the Eye***

- Remove contact lenses (if worn).
- Rinse both eyes for a full 15 minutes with clean, running water.
- Open and close the eyes repeatedly during irrigation - this helps carry the water to all parts of the eye.

## ***Poisons in the Air***

- Get the person to fresh air immediately, if you can do so without being exposed yourself - you might have to wait for trained help to arrive.
- If possible without exposing yourself to the poison, open windows and doors to ventilate the space, then evacuate the area.

## **When you call the Poison Center**

- If the patient is unconscious or not breathing, call 911.
- Remove the patient and yourself from contact with the poison.
- Once the patient is in a safe location, begin other lifesaving measures as directed.
- Be able to answer questions about the age, sex, weight, and medical history of the patient.
- Have the poisonous substance or its container within reach while speaking to the poison center.
- If instructed to go to the E.R. or clinic, take the substance or its container with you.
- Keep syrup of ipecac and activated charcoal in your home first aid kit, but **DO NOT USE EITHER PRODUCT** unless you are instructed to do so by poison center staff or a health care provider.